



BUCKS COUNTY ROADRUNNERS

September 2009 Newsletter

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Weekly Run 1

What:	Track Work
Where:	Council Rock South
When:	Tuesdays at 6 PM
Why:	To Improve Speed and Form
Who:	Contact Chris Thompson wilennium@hotmail.com

Weekly Run 2

What:	Trail Run
Where:	Washington Crossing Park
When:	Saturdays at 7:30 AM
Why:	To Enjoy The Trails
Who:	Contact Chris Mortensen mortensen_christopher@yahoo.com

PRESIDENT'S MESSAGE

Following last month's theme in my article I have added a few more quotes:

You Know You're a Runner When...

- you wear your running clothes for pajamas as to not waste any time getting out that door in the morning.
- you always wear running shoes, your old running shoes are now walking shoes, you have a pair of running shoes just for racing, a pair of trail running shoes, two pairs of trainers to alternate every other day, and you know the exact mileage of them all. Nothing like the smell of new running shoes in the morning.
- you have more race tee shirts than all the clothes the rest of your family has put together.
- you would rather run 10 miles than have your wife take you out for a nice steak dinner and a movie.
- you can start anywhere in your home town and be able to tell your wife where the next mile marker is.
- even your church shoes have something to do with Asics, Nike, New Balance, etc.
- the only time you call your Mom and Dad is to tell them about your recent 5k time.
- you are still eager to run and to learn about running every day although you've been running for more than 30 years!
- applying medical tape to your nipples is just a routine, everyday procedure that seems perfectly normal.
- you're giving directions to someone and you tell them it's just a 5k up the road.
- your laundry room is always littered with running stuff you're drying out, because you never put it in the drier.
- you can say things like "I'm just running an easy 6 miler today" and you really mean it.
- your body aches the whole time but you're thinking of that next run.
- you start to carry your fanny pack as a handbag wherever you go -- throwing it over your shoulder on your way into town or out walking, only to find that it's around your waist by the time you get home.

You Know You're a Female Runner When...

- you forget how to put on a bra with hooks, and you have running bras in more colors and styles than regular bras.

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Member Profile

Chris Thompson

I remember having to turn Glenn down when he asked me two years prior to write up a member profile for the newsletter. I told him I didn't achieve anything great enough to be profiled. I was taught that you are nothing unless you finish first. So that's where my profile begins: I know exactly why I started running, and it wasn't because I was out of shape. My home life wasn't normal or even average. I grew up with a recovering alcoholic father who would rather put you down or beat on you then show you any affection. I chose running to get away from the hell at home and it helped so much. I found myself running around the perimeter of the recess grounds in elementary school trying to make sense of the things taking place at home. In seventh grade I joined the track team, and then as a 9th grader I went up to the High School and ran track for Harry S Truman under the guidance of Butch Oberlander and Fred Brown. By trying to escape I fell upon something that I was good at and enjoyed.

I remember the first and only time my dad came out to a track meet, almost as if it was yesterday. It was my sophomore year of high school and the event I was lining up for was the 800 meters. I knew my dad was there because my mom let out a cheer as I toed the line, so I glanced over and saw him sitting next to her. I was so excited that my dad had finally come out to see me participate in a sporting event. I had been doing track & field for 4 years now, had played pee-wee football, and little league baseball and my dad never came out. I thought to myself as the gun was going off that I would run like the wind to make him proud. I ended up placing third out of 9 kids and running one of my fastest 800 times. I turned to the stands in hopes of a thumb up or a way to go, only to see the back side of my dad as he was walking away in disgust. My mom lipped something in resemblance to you did great and we are so proud. I knew my dad wasn't proud of me. Still to this day my dad asks me why I'm still wasting my time with running. He wouldn't understand but someone reading this might.

I kept running so that I could be with people that shared

the same interest as me, to keep out of trouble, and to some day make a difference. I did meet some interesting people along my way running and I have made some awesome friendships. I've cried while running and I've laughed. I've run with thousands and I've run alone. I have run a 50k and I've run just a single mile. I've had 50,000 people all at the same time say "awe" with just a drop of a baton. I've grossed more people out with my blisters than I can count. I've helped break a high school record. I've thrown up while keeping pace with an Olympic trial runner. I've kept running even after the doctors told me I was finished. I've run away from skunks in the early hours of the morning. I've run marathons in Philadelphia, Miami, Scranton, Corning, and Boston, four of which after I told myself and anyone that would listen I would never run another marathon. With running I have lost myself while trying to find myself. Without running none of this would be possible.

I could go in to detail on any one of those stories and make you cry and make you laugh but, we are only given a few pages to tell about our running careers. I will save the majority of the previously mentioned for on the run. I will only tell of my worst experience and of my favorite.

First the bad, my worst experience in running has to be hands down not running faster in the Half Mile. Running had come so natural to me that I never took it serious enough. I could have run 1:58 in the Half if I just took it serious my last 2 years of high school. I had one scout come out to see me run the 800 (Half). He came from Rider University. The day he came out I had run 2:00 flat. I was given a partial scholarship to Rider which didn't cover housing. I met with the coach at Rider and I explained my home life and told him I needed housing too. He made a deal with me that if I could get under that 2 minutes to a 1:58 he would get me a full ride. I convinced myself I could do it, all I had to do was put in the time and hard work. I just forgot one little thing I was eighteen now and graduating in a few months. My father has this rule about when you turn 18 you're out the door. I wasn't a trouble maker, I kept my nose clean, got good grades, and even helped out around the house paying for food and paying the electric bill. For some reason I thought all that would give me a pass, it didn't. With each passing birthday we (me and my 3 siblings) got a count down from my dad not a Happy Birthday wish. You turn 17 everyone says "Happy 17th Birthday", not him, he says, "One more year." So after I graduated I was forced out on my own. I lived with Greg Yerkes' family for a short while and after that I was bouncing from couch to couch, sometimes even sleeping in my car. All this while working two jobs and trying to make it to class on time. I never finished college; I didn't even make it to the track to show the coach I could run that 1:58. So that's my worst experience with running.

I always thought that when I finally did my profile for the newsletter it would be if and when I somehow ran a 3:10 marathon and qualified for Boston. I've done that now but that's not the first thing that comes to my mind when I think about my best or my most favorite running experience. That's a Winter Series race. I'm not entirely sure which one because the course was changed because of the weather. It had been icy the night before and left the back side of Tyler State Park under ice. We had to run the front loop twice or something close to that. I was having problem's with my knees at the time and was told by a doctor that I needed to give up running. I went to Dr. Marino for a second opinion and after he looked at my x-rays he said, "I need you to come 2-3 times a week for 6 weeks and I'll have you up and running again." I looked at him and said, "6 weeks are you crazy? That's way too long." He looked back at me and replied "Hey, would you rather have my 6 weeks or the other guys never run again..." I took the 6 weeks. With Johnny's help I was running again slow and easy. From time to time my knees would act up and they did at this particular Winter Series race where I found myself sitting at the fire pit next to the cutest girl I had ever seen. She had pulled out of the race with a leg injury too. We started talking and with the help of Jim Barger I had her email address and we began to email a few times a week. With a little flirting during the Winter Series races and some charm, I convinced

her to go on a date with me. The date was cheap, really cheap. We planned on dinner and a movie. We had dinner at Cheeseburger in Paradise by the Oxford Valley Mall. I got there 10 minutes early and put my name in, she came 10 minutes late and I had to keep telling the hostess to wait my date hadn't arrived yet. I remember standing there in the restaurant lobby watching her limp slowly across the parking lot. Once she got to the door the hostess escorted us to our table. When we got to the table I presented her with a Topps Ricky Jordan card, I know most guys bring flowers and I brought a baseball card. I told you it was a cheap date. After our so-so dinner we headed over to the movie theater. We hit it off instantly and a couple of years later I asked Allyson to spend the rest of her life with me and she said yes. We will be united in marriage at Tyler State Park, where we met, on September 26, 2009. Allyson wants to run a back loop the morning of the wedding I told her it's bad luck for me to see her on the wedding day before she walks down the aisle. So that one Winter Series race is my best and favorite race for my life has change for the better because of it.

Interesting fact about Allyson and myself, we had been a part of the Bucks County Road Runners for two years before we ever noticed each other. I guess it wasn't in the cards for us to meet yet.

I would like to thank the following:

Allyson for being the love of my life and always backing me.

Chris Mortensen for being the best friend a guy can ask for.

Greg Yerkes for always being a friend.

Butch Oberlander for showing me the ropes.

Pete Lederer for the great marathon training runs.

Len, Glenn, & Karl for all the laughs.

Everyone that comes out to the track every week, without you I wouldn't even bother.

I could go on forever with this list because of all the awesome people that make up this Running Club.

Stay Gold,

Chris Thompson

(Continued from page 1)

- you choose a dress for a special occasion that has to be worn with a racing back bra.
- you are confident you could escape from Houdini's straight jacket because it is probably easier than getting out of a sweaty running bra.
- you have ever run in public with nothing on top BUT a bra!

Last month I read Chris McDougall's book "Born to Run". I have to admit that it was a very enjoyable read and that I am also now the proud owner of two pairs of Vibram five fingers shoes. It takes a little getting used to when you start running in them but I have to admit it is helping my running and I would highly recommend

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checking them out. Maybe we can have a barefoot race added to our Winter Series.

On another personal note for the past year I had been working in Central PA. I am now back and spending more time at home as I start a new business venture. It is great to be back in the area after spending 51 of the past 52 weeks on the road and I am looking forward to being able to spend much more time to work on improving and growing the Bucks County Road Runners club.

As mentioned in an earlier post there is a proposal to have an archery hunt at Tyler State Park while the park is open to the public. This has generated a lot of conversation amongst our members. For those of you that are interested the park is taking public comment on this issue through September 14th. You can email your comments to tylersp@state.pa.us. For those of you who are opposed to the hunt there is also a petition that is circulating at <http://www.thepetitionsite.com/1/stop-the-hunt-at-tyler-state-park>.

Don't forget that the Philadelphia Distance Run is September 20th and as usual we will have our annual PDR tailgate party. Additionally, we are in the planning stages for our Thanksgiving Day 5 miler. If you would like to get involved or have any comments as to how we can improve the race, please talk to Pat McCloskey who will be directing the race again this year.

Finally (since I am the race director I have to plug this again), mark your calendars the 3rd Annual Rob Massaroni Memorial 5K will be held on Saturday, September 26th in Bensalem. For more information and to register or sponsor please go to www.massaroni5k.com. I am also reaching out to the BCRR members for help. Because of work logistics I need help in organizing this event as well as gathering sponsors for the event. If you would like to help me with this please email me at eric.stern@verizon.net.

For all of you planning on running a half marathon, marathon or ultra this fall I wish you all the best of luck and hope you set a PR.

Eric

2009-2010 Bucks County Roadrunners Winter Series Schedule

December 6, 2009	Sunday	9:30 AM	Tour Tyler Informal	5.3 Miles
December 13, 2009	Sunday	9:30 AM	Covered Bridge	5K
December 20, 2009	Sunday	9:30 AM	Jingle Bell	5.3 Miles
December 27, 2009	Sunday	9:30 AM	Tyler Challenge	10K
January 1, 2010	Friday	12:00 Noon	Cham-Pain	5K
January 10, 2010	Sunday	9:30 AM	Predict Your Time	5.3 Miles
January 17, 2010	Sunday	9:30 AM	Polar Bear	8 Miles
January 24, 2010	Sunday	9:30 AM	Honest Abe	4.6 Miles
January 31, 2010	Sunday	9:30 AM	Terrible Tyler	9.3 Miles
February 7, 2010	Sunday	9:30 AM	Pick Your Way	5.3 Miles
February 14, 2010	Sunday	9:30 AM	Eenie-Meanie-Minie-Moe	13.1 Miles
February 21, 2010	Sunday	9:30 AM	Staggered Start	4.6 Miles

BCRR Local Race Schedule

Compiled By Christopher Mortensen

Please contact race officials beforehand to validate information below!

“May the Raramuri and all our relations [all of them] continue to run free!” - Caballo Blanco

September 6	Rock and Run For Africa	Morristown, NJ	http://liquidchurch.com/run		
September 12	42nd Annual Mill Street 2.9 Mile Run	Bristol, PA	215-788-3055	john.mundy.sjw@comcast.net	
September 12	Rock N' Run 5K and Walk	Nomahegan Park, Cranford, NJ	910-686-0026	www.OYMP.net	
September 12	Stumpy's Marathon	Newark, DE	http://www.udel.edu/johnmack/traildawgs/stumpys.html		
September 12	Bruiser Memorial 5K	Lehigh Parkway, Allentown, PA	908-303-8399	msmith@straightarrowinc.com	
			http://www.active.com		
September 13	Garden Of Reflection 5k	Lower Makefield, PA	215-630-6655	race@netstride.com	
			http://www.netstride.com/5k		
September 13	Livengrin Foundation 5k	Carpenter Park, Horsham, PA	215-343-6346	vscorbett@verizon.net	
			http://www.livengrin.org		
September 13	Lehigh Valley Health Network Marathon	Allentown, PA	484-893-5389	g.stano@vianet.org	
			http://www.vianet.org/events/marathon/		
September 20	Frankford Hospital 5K and Kids Run	Comly & Decatur Rds. , Phila, PA	215-612-4808		
September 20	Philadelphia Distance Run 1/2 Marathon	Philadelphia, PA	800-311-1255 (x138)		
			http://www.ingphiladelphiadistancerun.com/home.html		
September 26	Robert Massaroni 5k	Bensalem High School, Bensalem, PA			
September 26	BFS Run For Peace 5K Trail Run/Walk	Buckingham Friends School, Lahaska, PA	215-794-7491		
			http://www.bfsrunforpeace.org/		
September 26	Joe McGinnis Scholarship 5K Run /Walk	Tyler State Park-Mill Dam , Newtown, PA	215-450-4864		
			http://bucksaohtdiv2.com/scholarship.htm		
September 26	McGuire Mud Run 10K	McGuire AFB, Wrightstown, NJ		www.active.com	
September 26	5K Run/Walk For Peace and 1 Mile Fun Run	Kathryn C. Wilder	www.wenzelcoaching.com	215-262-4113	
September 27	16th Newport Liberty Half Marathon	Newport Town Center, Jersey City, NJ	910-686-0026	www.OYMP.net	
October 3	Hands on House 1/2 Marathon and 5K	Lancaster, PA	race@handsonhouse.org	www.handsonhouserace.org	
October 3	Multiple Myeloma Research Foundation 5K Run/Walk	Memorial Hall-Fairmont Park, Philadelphia, PA	www.mmrf.org/philly	lewisa@themmrf.org	203-652-0215
October 4	Run For Nunn	Warminster Community Park, Warminster, PA	run4nunn@amiracle4melissa.org		
			http://www.amiracle4melissa.org		
October 4	Make Your Mark 5k Run/Walk and 1 Mile Fun Walk	Tyler State Park, Richboro, PA	makeyourmark5k@gmail.com	http://www.maffoundation.org/events/	
October 4	Kristin's Krusade 5k	Saint Joseph's University, Philadelphia, PA	kristinskrusade@gmail.com		
			http://www.kristinskrusade.org		



October 4	Run For The Health Of It	Blue Bell, PA	610-834-1040 (x10)	margic@rsvpmc.org	http://rsvpmc.org/5k.php
October 10	Women's Distance Festival XC 5K Run/Walk	(A DELCO RRC Event)			Rose Tree Park, Media, PA 610-891-0806 www.runtheday.com
October 10	Western Maryland Half Marathon	Hancock, MD	301-791-9009		www.westernmdhalf.com
October 10	Tortoise and Hair 5K Run/Walk	Philadelphia, PA		dgormley@aol.com	http://phillytortoisehair.angelfire.com/
October 11	Steamtown Marathon	Scranton, PA		racecommittee@hotmail.com	http://www.steamtownmarathon.com/
October 11	Delaware Distance Classic 15k	Frawley Stadium, Wilmington, DE			302-798-4179 ddc15k@comcast.net
October 17	Hatfield Athletic Club 5K and Fall Classic Benefitting National MS Society				Hatfield, PA 215-822-6177 x 116 fborusiewicz@hatfieldathleticclub.com
October 18	The Ghana Project 5K Run/Walk	Tyler State Park, Newtown, PA			http://www.active.com/event_detail.cfm?event_id=1777161
October 24	Stoudt's Brewing Distance Classic 12K	Adamstown, PA		717-371-0746	http://www.lrrclub.org peterbbelanger@comcast.net
October 24	Sweat For Hope 5K Run/Walk	Ridley Creek State Park, Media, PA			215-868-1662 http://events.profugo.org jenny.koeth@profugo.org
October 25	1st Annual Lemon 5K Run, 2 Mile Walk and Kids Race				Ridley Creek State Park, Media, PA www.thelemonrun.com jenniferkelly@alexslimonade.org
October 25	The American Lung Associations 32nd Annual "PENN Medicine at Radnor Run"				www.lunginfo.org/radnorrun Penn Medicine at Radnor, 250 King of Prussia Road, Radnor, PA mmelcher@lunginfo.org 610-941-9595
October 25	Marine Corps Marathon	Washington, D.C.	215-348-9080		teamtravis@travismanion.com http://www.marinemarathon.com/
October 25	Marine Corps Marathon	Washington, D.C.	610-649-3034		connie@alexslimonade.org http://www.marinemarathon.com/
November 1	Cooper-Amerihealth 10K Bridge Run	Ben Franklin Bridge, Philadelphia-Camden			609-933-3725
November 7	4th Annual Family Service 5K and 1 Mile Run	Lumberton, NJ			http://www.fam-serv.org/programs/5k-run.html
November 7	Autism Cares Foundation 5K	Tyler State Park, Newtown, PA			race@autismcaresfoundation.org http://www.active.com
November 8	8th Annual Greyhound Freedom 5K Run and 2 Mile Walk	Tyler State Park, Newtown, PA			215-340-7658 cagr@nogreyhoundracing.com
November 15	37th Schuylkill River 8.4 Mile Loop Run	Memorial Hall, Philadelphia, PA			215-487-0770
November 22	Philadelphia Marathon/Half-Marathon and 8K	Philadelphia, PA	215-683-2060		www.philadelphiamarathon.com
November 26	Bucks County Roadrunners Thanksgiving Day 5 Miler & 1 Mile Fun Run				Summit Square SC, Langhorne, PA 215-530-6047
May 2	Broad Street 10 Mile Run	Broad Street, Philadelphia, PA			http://www.broadstreetrun.com bsrhelp@aim.com 215-683-3594
